



## Calhoun: The NPS Institutional Archive

---

Institutional Publications

Peacock Press (Magazine)

---

2017-05

## Peacock Press / February-May 2017

Naval Postgraduate School (U.S.)

Quality of Life Department, Naval Postgraduate School (U.S.)

---

<http://hdl.handle.net/10945/52383>



Calhoun is a project of the Dudley Knox Library at NPS, furthering the precepts and goals of open government and government transparency. All information contained herein has been approved for release by the NPS Public Affairs Officer.

**Dudley Knox Library / Naval Postgraduate School**  
**411 Dyer Road / 1 University Circle**  
**Monterey, California USA 93943**

<http://www.nps.edu/library>



**Feb-May 2017**  
<http://navylifesw.com/monterey>

# Peacock Press

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

## CYP Youth Sports Leagues & Camps

Page 10

## Daddy Daughter Dance

Page 5

## Shamrock/ Military Saves Family Fun Run

Page 9

Dining Services.....	2-3
Movies.....	4
Community Events.....	4-5
Tickets & Travel .....	5-6
Lodging.....	6
Golf.....	7
RV Park Campground.....	7
Sailing .....	7
Sports & Fitness.....	8-9
Child & Youth .....	10-11
School Liaison .....	11-12
Liberty.....	12
Fleet & Family Support....	14-15
Flying Club .....	15

## Kayaking & Other Adventures

Page 5







Captain Rich Wiley  
Commanding Officer

Pete Dausen  
Deputy Director

Kyle Rhodus  
Quality of Life Director

Denise Fairbanks  
MWR Recreation Director

Samuel Jepsen  
Golf Course/RV Campground Manager

Austin Daniells  
Golf Course Superintendent

Theresa Ikstrums  
Child and Youth Programs Director

Nicole Wright  
Navy Community Recreation Manager

Leslie Flynn, M.A.  
School Liaison Officer

Hugh Butler  
Executive Chef

Melanie Arellano  
Catering Sales Manager

David Wolf  
NGIS Manager

Robin Hudson  
FFSC Site Manager

Cecilia S. Legario  
Marketing Coordinator

MWR ADMINISTRATIVE OFFICE  
Herrmann Hall (Rm. 55)  
Open weekdays, 8 am-4 pm  
Closed weekends/federal holidays  
Phone: 831-656-2533

MWR BUSINESS OFFICE  
Open weekdays 8 am-3 pm  
Closed weekends/federal holidays  
Phone: 831-656-7954

PEACOCK PRESS  
MWR Department  
Naval Support Activity Monterey  
1 University Circle  
Monterey, CA 93943-5000

The Peacock Press is a publication of the Quality of Life Department, Naval Support Activity Monterey. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy, nor does it imply endorsement thereof. Information may be subject to change without notice.

All phone numbers are in area code 831.



Monterey Bay Officers' Spouses Club presents

**MARCH 4, 2017 6-10 pm**

37th annual

**sip**

the

**PENINSULA**

gala

wine tasting • silent auction • beer tasting

N S A Monterey  
**BARBARA MCNITT BALLROOM**

21 & over • cocktail attire • tickets - \$50

**tickets & information available at [www.mbosc.net](http://www.mbosc.net)**

MBOSC IS A NON-FEDERAL ENTITY. IT IS NOT PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS. THE MONTEREY BAY OFFICERS' SPOUSES' CLUB IS A 501(C)(3) NON-PROFIT ORGANIZATION.

## THE BATTLE OF MIDWAY 75TH ANNIVERSARY DINING OUT

**Saturday, June 3**

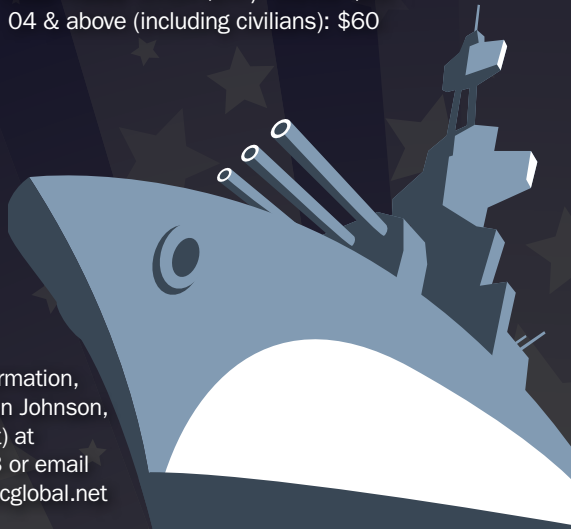
Barbara McNitt Ballroom, Herrmann Hall

Tickets are available at the MWR ITT Office.

Ticket Prices: E1-E5 \$25 / E-6-03: \$50

04 & above (including civilians): \$60

For more information,  
contact CAPT Ken Johnson,  
USN (Ret) at  
831-657-9793 or email  
[nousmtyken@sbcglobal.net](mailto:nousmtyken@sbcglobal.net)



# DINING SERVICES

## CAFÉ DEL MONTE ..... 831-656-7885

Next to Dudley Knox Library. Mon-Fri 7 am-2 pm  
Closed on federal holidays

- Breakfast Mon-Fri 7-10:30 am
- Lunch Mon-Fri 10:30 am-2 pm

Stop by Café Del Monte Mon-Fri mornings for a delicious Breakfast Burrito! Daily specials from around the world. Great prices! Quick service! Club Del Monte Daily Lunch Specials: <http://intranet.nps.edu>  
Check out Club Del Monte on Facebook to stay in the know!

**CATERING** - Book your wedding, rehearsal dinner or anniversary party with Club Del Monte. 831-656-1049 / [mwrcatering@nps.edu](mailto:mwrcatering@nps.edu)

**STARBUCKS** located in the Naval Postgraduate School - Dudley Knox Library and is open Mon-Fri 6:30 am-5:30 pm, Sat 9 am-2 pm. Closed Sun and federal holidays

## EL PRADO DINING ROOM ..... 831-656-2170

The El Prado Dining Room serves breakfast and lunch Mon-Fri. Closed on federal holidays.

- Hot Breakfast: Mon-Fri 6:45-9:15 am
- Ala Carte Breakfast: Mon-Fri 6:45-10:45 am
- Lunch: Mon-Fri 10:45 am-1:15 pm

Offering the best fresh salad bar on the Monterey Peninsula as well as a made-to-order sandwich bar. Hot entrées, fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder.

## TRIDENT ROOM..... 831-656-7508

Herrmann Hall ground floor (Bldg. 220)  
Open Mon-Sat. Closed Sun & federal holidays.

Check out our appetizers and dinner menu at the Trident Room featuring fabulous healthy entrée selections in addition to the house favorites. Join us for dinner tonight!

### Trident Room Beverage Service:

Mon-Wed & Sat 4-9 pm, Thu-Fri 3-9:30 pm

### Trident Room Dinner Specials - Dinner

Specials served Mon-Sat 4-9 pm and feature:

- MONDAY - Seafood Cioppino with scrumptious shrimp, calamari, crab, mussels and garlic bread \$16.75
- TUESDAY - Prime Rib Night, moist & tender prime rib with au jus accompanied with horseradish, baked potato and sautéed fresh vegetables \$18
- WEDNESDAY & SATURDAY - Chef's Specials! Join us for the Chef's freshly-prepared special selections. Call the Trident Room at 831-656-7508 after 4 pm for details.
- THURSDAY - Fresh Baked Turkey Meatloaf Sandwich served on a brioche bun with tossed baby kale, cranberry and shredded broccoli salad \$10.50
- FRIDAY - Grilled Ribeye Steak with Sautéed Shrimp served with crispy parmesan Yukon potatoes and baked stuffed tomato with baby kale \$19.50

### Newcomers Fair - Wed, Apr 12 • 5-8 pm

in the Trident Room. Braised Tender Beef Short Rib, served with twice baked potato and French beans. Adult \$15.50; Children (ages 5-10) \$8

**Coffee before the lecture. Always a good idea.**

Crafting your favorite beverages at Naval Postgraduate School - Dudley Knox Library.



## Valentine's Day

DINNER SPECIAL

Tue, Feb 14 • 5-7 pm  
in the La Novia Room

### Menu:

Caesar salad with sourdough garlic croutons and shaved Asiago cheese, lemon sorbet. Choice of Slow roasted tender prime rib, served with Au Jus and horseradish; baked potato with sour cream, chives and butter; sautéed French beans and roasted grape tomatoes or stuffed salmon with crab pernod sauce, wheat linguini caper and basil pesto; napoleon dessert

\$30. Reservations required.

**For more information:**  
**831-656-2170**  
**[mwrcatering@nps.edu](mailto:mwrcatering@nps.edu)**

## Friday, Mar 17 St. Patrick's Day Dining Specials

### BREAKFAST

6:45-9:15 am in the El Prado Room featuring fresh Corned Beef hash with grilled potato patty - \$7

### LUNCH

10:45 am-1:15 pm in the El Prado Room. Braised Tender Corned Beef with slow cooked cabbage, baby carrots, red potatoes and soda bread - \$9

### DINNER

4-9 pm in the Trident Room. Braised tender Corned Beef with slow cooked cabbage, baby carrots and buttered red potato, soda bread and chocolate velvet cake - \$18

## CINCO DE MAYO

SPECIALS

Friday, May 5

### LUNCH

10:45 am-1:15 pm in the El Prado Room featuring house prepared chicken enchiladas, Santa Maria beans & Spanish rice \$9

### DINNER

4-9 pm in the Trident Room. Roasted dry rub pork shoulder served with roasted tomatillo & serrano salsa, black beans and grilled vegetables \$18



# COMMUNITY RECREATION ADVENTURES & ACTIVITIES



For more information about Navy Community Recreation please call 831-656-

6059/3223 or email CommRec@nps.edu. The Community Recreation Tickets & Travel Office is located in Herrmann Hall, Bldg. 220. Registration is required for all trips & select activities. Open to all eligible patrons.

**UFC Fight Nights** - Join Community Recreation in the Trident Room to watch UFC 208, 209, 210, 211, 212 and 213.

**Game Night**  
last Wed of every month, 5-6 pm in the Trident Room • **FREE!**

- Feb 22: Trivia
- Mar 29: Bingo
- Apr 26: Trivia
- May 31: Scattergories



Come by the Trident Room on the last Wednesday of every month, grab a beverage and dinner and compete with others. No skill required; just the willingness to have a good time!

## Super Bowl Party

Sun, Feb 5 • 3-7 pm  
Trident & El Prado Rooms

Watch Super Bowl 51 with Community Recreation on our big screen TVs! Play in the free football pool to win quarterly prizes. Buffet

## FREE MOVIE NIGHT

Every Wednesday • 6 pm in the El Prado Room

Full dinner and beverage service available for purchase from the Trident Room.

For movie schedule, visit our Facebook page or website.

available for purchase. Adults \$9; Children (ages 5-10) \$5. Free unsupervised Kids' Zone in the La Novia Room featuring free movies, activities, and more.

## Make a Valentine Craft Night

Wed, Feb 8 • 4:30-6 pm • El Prado Room

Make your loved one a special hand-made Valentine's Day craft! All ages welcome. **Free!**

## Tahoe Weekend Ski Trip

Fri-Mon, Feb 17-20

*Pre-registration is required by 2/8.*

Head to Tahoe with us for a wonderful weekend in the snow, on the slopes, exploring trails or just relaxing about town. This trip includes transportation and your hotel room.

## Rock the Mic

- Fri, Feb 24 • 5-7 pm
- Fri, Apr 28 • 5-7 pm

Join Community Recreation and Fleet & Family Support Center in the Trident Room for a fun-filled Karaoke night. **Free!**

## Fat Tuesday Bash

Tue, Feb 28 • 4:30-6:30 pm • Trident Room

Join us as we celebrate Mardi Gras with live music by The Mojo Banditos, giveaways and more. **Free!**

## Paint a Piggy Bank Craft Night

Wed, Mar 1 • 4:30-6 pm • El Prado Room

Paint your very own piggy bank with Community Recreation and Fleet & Family Support Center. All ages are welcome. **Free!**

## Whale Watching

Sun, Mar 5 • 8:30 am-4 pm

*Pre-registration is required by 2/24.*

Head to the bay with us to try and catch a glimpse of the whales that migrate through our beautiful waters.

## Texas Hold'em Poker Tournament

Tuesdays, Mar 7-Apr 11 • 5-9 pm • El Prado Room

Community Recreation invites you to enter our Texas Hold'em Tournament Series in the El Prado Room. Go all in and see how far you go! \$5 registration fee (one-time buy-in each night). Register by 5 pm on the day of event. Tournaments start at 5:30 pm.

## Scrapbooking Craft Night

Wed, Mar 8 • 4:30-6 pm • El Prado Room

Capture all of your special moments at our DIY Scrapbooking Night. Just bring your photos, we'll supply the rest. **Free!**

## Sequoia Aerial Adventure

Sat, Mar 11 • 11 am-5 pm

*Pre-registration is required by 3/3.*

Explore the redwood forest with a birds eye view! This adventure takes you up into the trees for an aerial challenge like you have never experienced. Over 30 elements, including swinging logs, cargo nets, zip lines and cables set 30 to 80 feet in the air! This high-rise challenge course will give you a thrill you'll never forget. Must be 10+. Height/weight limits apply.

## Jump Into Spring Craft Night

Wed, Mar 15 • 4:30-6 pm • El Prado Room.

Join us as we make a beautiful bouquet of colorful flowers out of ribbon, buttons and pipe cleaners. This craft does include sewing needles; adult supervision is required.

## St Paddy's Kickoff Party

Thu, Mar 16 • 4:30-6 pm • Trident Room

Join Community Recreation as we celebrate St. Patrick's Day with some good ol' Irish eats for purchase, live music music by "The Broken Road" and give-a-ways. **Free!**

## Paint A Glass Night & Enjoy a Free Root Beer Float

Wed, Mar 22 • 4:30-6 pm • El Prado Room

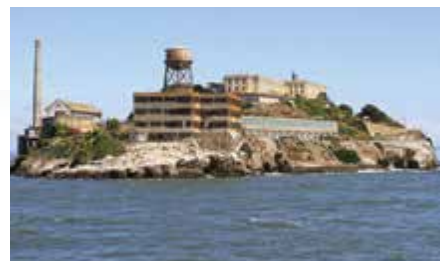
Paint a wine glass or beer mug and enjoy root beer floats, face painting and more! All ages welcome. **Free!**

## San Francisco Alcatraz

Sat, Mar 25 • 7 am-7 pm

*Pre-registration is required by 3/17.*

Enjoy the morning exploring Alcatraz and the afternoon on your own to explore the great city of San Francisco.



Watch for these future Community Activities:

**Jun-Aug: Movies on the Lawn**

**Sep: Day of Play**



Like & Follow NSA Monterey  
Community Recreation on  
Facebook to stay in the know!

## Month of The Military Child

**Wed, Apr 5 • 4:30-6 pm • El Prado Room.**

Join us for a fun-filled arcade night with video games, air hockey, and more! Free children's movie immediately following.



## Paint the Town

**Fri, Apr 7 • 6-8 pm in the La Novia Room**

*Pre-registration is required by 4/5.*

Uncork your creativity as we break down how to create your very own take-home masterpiece. Join us for painting and complimentary appetizers.

## Discover Scuba Class

**Sat, Apr 8 • 7 am-1 pm**

*Pre-registration is required by 4/5.*

Have you always wondered what it's like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving is for you! Must be at least 10 years old, but no prior experience is necessary.



## Learn To Surf

**Sat, Apr 22 • 9 am-4 pm**

*Pre-registration is required by 4/14.*

Calling all beginner surfers!

Ever wanted to learn how to surf but didn't know where to start? Join us as we set out for the surf and sand. This lesson includes all equipment needed and transportation.

## Kayaking Sat, Apr 29 • 9:30 am-2 pm

*Pre-registration is required by 4/21.*

Paddle around beautiful Moss Landing on this 3-hour Elkhorn Slough Wildlife tour. Enjoy the beautiful views and diverse wildlife that will surely excite the senses and provide for exquisite pictures. Open to all hands 10 and up.

## Cinco De Mayo Kickoff

**Thu, May 4 • 4:30-6:30 pm • Trident Room**

Join Community Recreation for a Cinco De Mayo Fiesta! Enjoy live Mariachi music, giveaways, and more! **Free!**

## Paintball Sun, May 7 • 8:30 am-4 pm

Join us as we head to Hollister to play at one of the best fields in the state. Play an astounding 21 games! Must be 10 or up to play.

## Kids' Aircraft Night

**Wed, May 10 • 4:30-6 pm • El Prado Room**

Explore the magic of aviation with us as we create different paper airplanes. Test your paper aircraft against others! All ages welcome!

## K-1 Speed Red Sat, May 13 • 9 am-3 pm

*Pre-registration is required by 5/5.*

If you are a motor sport enthusiast or you would like to try European-style kart racing with friends and family, this is the trip for you. Their high tech indoor kart track provides an authentic racing experience that is great for both novice and experienced drivers.

## TICKETS & TRAVEL

Herrmann Hall (Bldg. 220, Rm 131) **831-656-3223**  
Mon-Fri 10 am-3 pm.

Closed weekends & federal holidays.

The Tickets & Travel Office has all you need to learn about what there is to do in the local area. Discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; and numerous hotel and car rental vouchers

are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email [tickets@nps.edu](mailto:tickets@nps.edu)

*Save the date!*

## Tickets & Travel Leisure Fair

**Thu, Jul 6 • 11 am-1 pm**

*Signups begin 5/1 at the Tickets & Travel Office.*

Event will be held at the Dudley Knox quad area. Presented by NSA Monterey MWR and USAA. For more info, call 831-656-3223 or email [tickets@nps.edu](mailto:tickets@nps.edu)

## Carmel Food Tour

This 3-hour tour takes you on a leisurely stroll through the heart of Carmel. Taste a specially-selected variety of foods and wine from local restaurants and boutique shops, and become acquainted with the unique history and culture of this magical city. Reservations required.

## Monterey Wine Trolley Tours

This 3-5 hour guided tour takes place from 11 am-4 pm. Visit 3-6 wineries as you travel over the Salinas Mountains or down the Pacific Coast Highway #1 for inspiring vistas and local history as you enter into Carmel Valley. Includes wine tasting and "Trolley Platters." Reservations required.

## Monterey Movie Tours

The 3-hour adventure takes place aboard a multimedia Theater-On-Wheels® – a customized luxury motor coach with high-back seats, overhead video screens and personal headsets. As you glide past sites made famous on the big screen, you'll hear behind-the-scenes stories of Hollywood glamour. Reservations required.

## AT&T Pro-Am - Feb 6-12

The Monterey Peninsula Foundation is pleased to offer U.S. military service members two complimentary tickets for the 2017 AT&T Pebble Beach Pro-Am. All U.S. active, reserve and retired military, veterans and National Guard may register for up to two (2) total complimentary, general admission-single day tickets. Eligible military personnel must verify their military status on SheerID (Note SheerID charges a \$1 verification charge.) Register for tickets: <http://www.attpbgolf.com/tickets/>

## Monterey Symphony Feb 17-19,

**Mar 17-19, Apr 21-23 & May 19-21.**

Discounted tickets available for Fri, 7:30 pm showing at Sherwood Hall Salinas \$10; Sat 8 pm; or Sun 3 pm showings at Sunset Center Carmel \$25.

## Daddy Daughter Dance

**Friday, May 19**

**6-8 pm in the**

**Barbara McNitt Ballroom**

Join us on this magical evening in Paris...a night filled with music, dancing, entertainment, and more!  
Recommended attire is formal.

Pre-registration is required by May 17.

*continued on page 6*



TICKETS & TRAVEL continued from page 5

### Mazda Raceway Laguna Seca Ferrari Challenge - May 12-14

The rolling hills of Monterey will be visited by a stable full of Prancing Horses from Ferrari, as Round 1 of the 2017 Ferrari Challenge North America kicks off at Mazda Raceway Laguna Seca. For more information on prices, call 831-656-3223 or email tickets@nps.edu. Children 12 & under are free with paying adult.

### Military Salute Disneyland Tickets

3-day hopper- \$153.25 or

4-day hopper- \$177.75

Tickets are valid for three (3) or four (4) days of admission to both Disneyland® and Disney California Adventure® Parks. Tickets may be purchased through Dec 15, 2017 valid Jan 1 to Dec 19, 2017 and each day of use constitutes one full day of use. Tickets not valid for use Apr 9-23, 2017. Not valid for Magic Morning early entry admission. Valid only for active duty or retired U.S. military personnel (or their spouses), including members of the U.S. Coast Guard, National Guard and Reservists. Valid and active U.S. military (or military spouse) ID required for purchase and admission. No more than six (6) Disney Military Salute Tickets may be purchased by any eligible service member and his/her spouse together. Military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other ticket discounts or promotions. Tickets may not be sold or transferred for commercial purposes. Subject to restrictions and change without notice.

©Disney MIL-15-45372.



**Navy Lodge®**

# Monterey

1100 Farragut Road, Monterey CA 93940



Navy Lodge Monterey is the perfect place for military members and their guests to stay. We offer great value with our spacious guest rooms, family suites, fully equipped kitchenettes, free Wi-Fi, and many other amenities. We also provide a complimentary breakfast from 6-9 am and weekly manager reception and PREMIER guest service. Eligible patrons need to be present to check-in a guest. As an added convenience, pets can stay at the Navy Lodge. For more information regarding pet policies or to make reservations, call 831-372-6133 or toll free at 1-800-628-9466 or visit navy-lodge.com.

## City of Monterey Recreation

# Preschool Program

Our popular pre-kindergarten program is structured around the concept of learning through play. Children acquire the knowledge and social skills necessary to ensure a successful transition into elementary school.



Summer/Fall registration begins Wednesday, March 29, 2017.

### AGES:

3-5 years

(Must be "potty" trained)

### DAY/TIME:

Mon-Fri 10 am-1 pm

### LOCATIONS:

**Casanova Oak**  
**Knoll Park Center**  
**735 Ramona Ave**  
**831-646-5665**

**Hilltop Park**  
**871 Jessie Street**  
**831-646-3975**

**Monterey**  
**Youth Center**  
**777 Pearl Street**  
**831-646-3873**



**GOLF COURSE** ..... **831-656-2167**  
Open daily 6:30 am-7 pm

**GOLF SHOP** ..... **831-656-2167**  
Open daily 6:30 am-7 pm

**THE MONTEREY PINES GRILL & BAR** ..... **831-656-7799**  
Open daily 7 am-7 pm

Monterey Pines Golf Course offers area golfers the best value for golf on the Monterey Peninsula. Superb course conditions year round make a golf round a memorable experience. Special fees are offered for Active Duty Officers, Enlisted Active Duty, retired military and DOD civilians. The 18-hole course challenges the best of golfers and offers a great recreational experience for the rest of us. Playing at 5,700 yards, the layout puts a premium on accuracy without overwhelming the golfer with length. Undulating greens and lakes that come into play on several holes add to the excitement of a round of golf at "The Pines".

Our practice facility includes a driving range, chipping green with bunker and a large putting green. These are available daily to hone your golf skills and prepare for a round of golf at one of the Navy's finest golf facilities.

For those interested in participating with other golfers in friendly competition, we have several groups for your consideration. The Monterey Pines Golf Club, a Ladies Golf Association and The Monday Niners Golf League.

**Tournaments** - The Monterey Pines Golf Club hosts monthly tournaments played on the second Sat of each month. The club championship is scheduled for Aug 12 & 13 and the tournament players championship is on Sep 9 & 10.



**Monday Niners Golf League** meet every Mon beginning Apr 10 for a 9-hole golf event. All NSA Monterey Students, Faculty and DOD Support Staff are eligible to participate. Entry fee of \$30 includes greens fee, cart fee & prize fund. Call 831-656-1087 to register.

**The Ladies Golf Association** plays every Wed with tee times beginning at 8:30 am.

Whether a golfer or not, the **Monterey Pines Grill & Bar** offers a scenic venue for enjoying breakfast, lunch or an early dinner. Our outdoor patio area has great views of the course and is a great setting to enjoy your favorite food and beverages. The Clubhouse offers an excellent selection of breakfast and lunch items, appetizers and your favorite drinks. Our bar area and five televisions make it a great place to watch your favorite sporting events after a round of golf. We have Wi-Fi!

In addition to our daily offerings at the Clubhouse, our Banquet Room offers the necessary privacy to conduct meetings and

seminars in addition to hosting food and beverage requirements for golf events. For information, call 831-656-7799.

**Golf Outings** are a great way to celebrate an important event and Monterey Pines is a great place to have your outing. Our professional staff provides professional tournament management and allows you to relax and enjoy the event while we do all the work for you. For information, call 831-656-7659.

If you are in the market for a new putter, driver, irons or golf apparel you'll find the best deals in the area at **Monterey Pines Golf Shop**. If we don't have it, we can get it for you! Our extensive selection of Demo Clubs gives you the opportunity to "try before you buy." Custom club fitting is available daily from one of our PGA Professionals.

**Golf Lessons** - Sometimes a golf lesson may be all you need to get that old club working better. PGA Members Sam Jepsen and Neil Larkin are available for private and group golf instruction. Private instruction is \$40 for a half hour lesson and \$60 for an hour lesson.

## MONTEREY PINES RV CAMPGROUND

Located on Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. .... **831-656-7563**

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DOD civilians. 29 full hook-ups, 8 partial hook-ups, bathhouse and coin-op laundry facilities. Visa/Mastercard accepted.

**Sailboat Rental** - All skippers must complete a check sail through NPSSA and pass a written exam. Group sail participation is normally required prior to requesting a check sail. Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com) to schedule a check sail.

**Half Day Rental \$25 / Full Day Rental \$50**

**Rent a Santana 22-ft sailboat for only \$25!**

**Sail with a group on Monterey Bay for only \$10/person!**

**Race with us on 30 foot Shields in regular races on the Bay!**

**Learn to Sail!**

**Sailing Classes** - No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required. Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com) for details. Cost \$175

**Group Sails** are offered several times per month and led by an experienced skipper. Designed to help you brush up on your sailing skills. Novices welcome! Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com). NPSSA member \$10 / Non-member \$25

### NPSSA Membership

Open to NPS students, faculty, staff and local DOD personnel. Cost is \$50/year and covers the member and immediate family. Email: [npssa.commodore@gmail.com](mailto:npssa.commodore@gmail.com) for an application or to be added to the email distribution list. <http://npssa.org>

**Rent a Santana 22-ft sailboat for only \$25!**

**Sail with a group on Monterey Bay for only \$10/person!**

**Race with us on 30 foot Shields in regular races on the Bay!**

**Set Sail!** NPS SAILING ASSOCIATION





MWR FITNESS & SPORTS CENTER  
Bldg. 208 ..... **831-656-3118**  
Email: [FitnessC@nps.edu](mailto:FitnessC@nps.edu)  
Mon-Fri 5:30 am-8 pm / Sat 8 am-4 pm  
Sun 11 am-4 pm / Closed all federal holidays



Check us out on Facebook!  
[www.facebook.com/  
NavyFitnessMonterey](http://www.facebook.com/NavyFitnessMonterey)

### Fitness Membership

Active duty, reservists, retirees and their family members and DOD civilians are eligible for a FREE membership.

Daily Fitness Membership Fee  
Military/Family Members/DOD/NEX....FREE!  
Contractors/Guest  
DOD Family Members ..... \$3  
Monthly Membership Fee  
Contractors/DOD Family Members..... \$25  
Six-Month Membership Fee  
Contractors/DOD Family Members..... \$138  
Annual Membership Fee  
Contractors/DOD Family Members..... \$250

**Personal Trainers** - Are you frustrated with your workout routine? Are you seeing the results you'd like to see? Not sure where to start? Let one of our Personal Trainers help you achieve your goals. Cost effective & fun.

- Half-hour session ..... \$20
- Hour session ..... \$40
- 6 one-hour sessions..... \$225
- 10 one-hour sessions..... \$350

Stop by the front desk or email [FitnessC@nps.edu](mailto:FitnessC@nps.edu) to schedule an appointment.

**Equipment Orientation** available on a walk-in basis. Questions about a machine or how to use a program on the cardio equipment? Stop by the front desk and ask any of our Navy Fitness certified staff to maximize your time at the gym.

### Fitness Improvement Tips!

Feel like your program isn't working for you? Not seeing improvements?  
Let our Fitness Specialist design a fitness program that works for you. Free for Active Duty.



## MONTEREY BAY ATHLETIC CLUB

[www.navylifesw.com](http://www.navylifesw.com)



# 1000 LB/ 600 LB CLUB



1000 LB/600 LB CLUB is a combination of your squat, dead lift and bench press. The lifter must meet or exceed 1000 lbs. or 600 lbs. with any combination of these three lifts. This is a FREE, ongoing event. Lifters who meet the 1000/600 lbs. get a free T-shirt. Visit the Fitness & Sports Center for more details.

## FITNESS CLASSES

For a complete listing of pricing and schedule of group exercise classes and programs, visit our Facebook page "Navy Fitness Monterey" or stop by the Fitness & Sports Center.

**Cycle** - One of the best low impact cardiovascular workouts, this class focuses on leg muscle strength & endurance set to a fun music blend. Arrive 5-10 min early to set up bike.

**Lunch Express Cycle\*** - Need a quick lunch-time pick-me-up? Pop in for our express 30-minute cycle class to recharge & renew. Arrive 5-10 min early to set up bike.

**HIIT Blast\*** - A fast-paced full-body workout using High Intensity Interval Training principles to create a unique workout scalable for anyone. Interval training uses alternating short periods of intense anaerobic exercise with less-intense recovery periods to keep the body burning calories all day long.

**HIIT Ultra** - This class is high-intensity interval training mixed with powerful compound body moves for an ultra intense class!

**Warrior HIIT\*** - This HIIT class is about developing functional power and strength. A high-performance workout great for sports conditioning, destroying stress and testing your limits. Get stronger, perform better, recover better. Learn to be stronger the smart way!

**Stretch n' Flow** - This lunch-time renewal & gentle stretching class is designed to help improve flexibility and range of motion through basic yoga-inspired poses and the use of simple mobility tools.

**Cardio Metcon\*** - Metabolic conditioning is exercising in such a way that you prompt your body to become more efficient at all forms of metabolism. In this class you will do a fast-paced, high-intensity workout, completed in a short amount of time.

MetCon is both challenging and effective – by sequencing short, aggressive exercises at uber intensity and repeating multiple times, you create a highly effective fat-loss tool.

**Tactical Boot Camp\*** - Tactical Fitness is about creating programs that carry over into real life functional movements like lifts, carries, crawls, runs, rucks, swims, and mobility. It uses non-traditional equipment to lift and carry loads that are not equally balanced as well as challenging you to push past mental barriers. This class employs all of these concepts in a fun, positive environment welcoming to all fitness levels.

**Power-Sculpt** - Full-body strength workout using high repetition, multi-joint exercises which challenge your muscles to work together. Added cardio bursts, plyometric movements & abdominal exercises will make sure your body gets pushed to its limits!

**ZUMBA®** - A dance fitness program that mixes low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party! A total-body workout, combining all elements of fitness-cardio, muscle conditioning, balance & flexibility, boosted energy & a serious dose of awesome each time you attend class!

\*Powered by NOFFS

## SPORTS CLUBS & LEAGUES

Sign up at the Fitness & Sports Center front desk. Must be 18 years old, out of high school and have a valid ID to participate. Open to all eligible patrons! For more information about these programs, contact 831-656-3118 or email [FitnessC@nps.edu](mailto:FitnessC@nps.edu)

**Command PT** (Available by appointment only) Our fitness specialists are here to help our active duty meet all their fitness goals! Our qualified trainers will design a program to accommodate your schedule and spice up your routine with new fitness training tools. Call with 48 hours minimum notice to schedule your command PT program today!



## Women's Tennis Club

**Mon-Fri 9:30 am-Noon** at the tennis courts adjacent to the Fitness & Sports Center across from Lake Del Monte. All levels and abilities are welcome. Dues paying members of the Club may participate in inter-club match play against other Women's Clubs on the Monterey Peninsula. Hope to see you on the courts! For more info, call 831-915-4625.

## Judo Club

- Beginners - **Mon • 6:30-8 pm**
- Intermediate/Advanced - **Wed • 6:30-8 pm**

Judo classes meet at the Fitness & Sports Center. 12-week Beginners course starts the first week of each academic quarter. No previous experience required. Intermediate/Advanced classes are determined by instructor's approval based on experience level. *NOTE: Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the Fitness & Sports Center front desk.*



**Volleyball begins Tue, Feb 7.** Games are played at 6 & 7 pm on Tue evenings at the Fitness & Sports Center. Teams consist of six-twelve players. Open to all eligible patrons! Rosters are due to the Sports Coordinator/Sports Assistant by Tue, Jan 31.

## Dodgeball begins Mon, Apr 10.

Games are played at 6 & 7 pm, Mon & Wed evenings at the Fitness & Sports Center. Teams consist of six-twelve players. Open to all hands! Rosters are due to the Sports Coordinator/Sports Assistant by 4/3.

## FITNESS EVENTS



### Sweat Your Heart Out

**Tue, Feb 14 • 5:30-6:30 pm • FREE**

Come "Sweat Your Heart Out" at this Valentine's Day group exercise class. Bring a loved one, a friend or just yourself and enjoy a heart-racing, partner-style workout. Open to all eligible patrons.

## 2017 SAPR Spring Into Action Family Fun Run Fri, Apr 7 • 3 pm

Meet in front of Hermann Hall. Run or walk two laps around NSA Monterey! Top male and female finishers in each age category win a T-Shirt!

## Command Fitness Leader Course

**Mon-Fri, Apr 10-14 & May 22-26**

Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual PFA for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness. To apply for the course, visit [www.navyfitness.org/fitness/cfl\\_information/](http://www.navyfitness.org/fitness/cfl_information/) and click on "CFL Application", which brings up the registration on NKO. Click on "CFL Application Process" on the right of the page to view and fill out the application.

## Shamrock/Military Saves Family Fun Run

**Fri, Mar 3 • 3 pm**

Meet in front of Herrmann Hall.  
Run or walk two laps around NSA Monterey!  
Top male and female finishers in each age category win a T-Shirt.



**OPEN 7 DAYS: 9am-6pm**  
Highway 1 & N. Struve Road, Moss Landing  
(2 Minutes North of Moss Landing Power Plant)

**(831)-724-0588**  
**www.SurplusInc.com**

# J&S SURPLUS and OUTDOOR STORE

**HUNTING, HIKING, CAMPING GEAR, OUTDOOR SURVIVAL, FIRST AID, PAINTBALL & AIRSOFT SPORTS, RUGGED CLOTHING, KNIVES, MEMORABILIA, AND MUCH MORE**



# CHILD & YOUTH PROGRAMS



Child and Youth Programs (CYP) are provided for children ages 6 weeks to 17 years in state-of-the-art facilities within walking

distance of La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. Open to Active Duty military, reservists in Active Duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at militarychildcare.com

## Registration Process for CYP

**Programming** starts online. Visit [www.militarychildcare.com](http://www.militarychildcare.com) to create an account containing information about your family, search for the child care options that best fit your needs and submit your request for care online.

**Hourly Care** spaces are available at the Child Development Center and the Tech Connection School Age facilities. Spaces are limited, we encourage parents to be aware of the availability. Reservations can be made up to 30 days in advance. Cost is \$4/hour. Call 831-656-2734 for CDC information/availability and 831-656-2127 for Tech Connection information/availability; or utilize CYP online at [www.navylifew.com](http://www.navylifew.com) to make reservations.

## CHILD DEVELOPMENT CENTER

831-656-2734

Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School. Open Mon-Fri, 5 am-7 pm for full-time care. Closed all federal holidays. For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you. For more information, call 831-656-2734 or email CDCAdmin@nps.edu

## Friendship Tea

**Tue, Feb 14** at the Child Development Center. Each classroom will coordinate their special celebration. Check with your child's teachers to see time and schedule of events. (Part Day Preschool teas will take place on 2/13 or 2/14. See your teacher for more details.)



## Month of The Military Child Event

There will be a family-fun event in April to celebrate the Month of the Military Child. More information to come!

## Family Day Afternoon Tea - Fri, May 12

in the afternoon at the CDC (Part Day Preschool on 5/11 or 5/12). Each classroom will be celebrating a special afternoon tea with our families. Check with your child's teachers for details.

## LAST DAY OF Part Day Preschool

May 25/26.

## TECH CONNECTION TEEN & YOUTH CENTER

(Grades K-12) 831-656-2127

La Mesa Village, 1222 Leahy Rd. Bldg. 444. NPSMWRTechConnection@nps.edu Building hours are 6:30 am-6 pm (Part day preschool is offered during the school year from 8:30 am-11:30 am) and closed all federal holidays.

## Before And/Or After School Care

registration is active throughout the school year and care is offered at the Tech Connection Teen & Youth Center. Before school activities run from 5 am-7:45 pm. The Tech Connection offers enriching activities incorporating Boys and Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To register, visit [www.militarychildcare.com](http://www.militarychildcare.com) and fill out "REQUEST FOR CARE".

## SAC Friendship Celebration

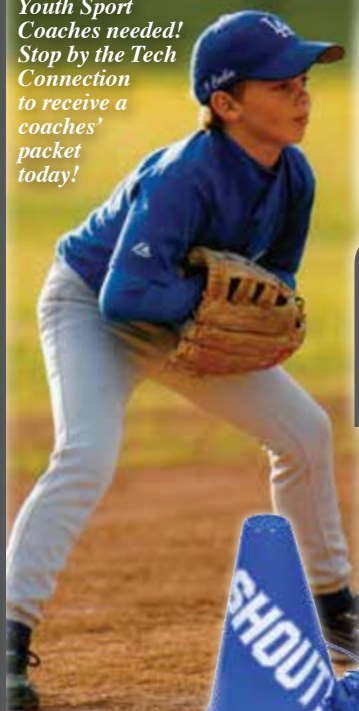
**Tue, Feb 14 • 3:15-3:45**

**pm** at the Tech Connection. Families are invited to join their school age children.



## T-BALL/BASEBALL/SOFTBALL

*Youth Sport Coaches needed! Stop by the Tech Connection to receive a coaches' packet today!*



## T-Ball/Baseball/Softball (ages 5-12)

**Mar-May season** (Registration in Feb at the Tech Connection) Children are introduced to the fundamental T-ball/baseball/softball to promote camaraderie and sportsmanship. Girls softball will be offered for 9-12 year olds.

## Start Smart Baseball (ages 3-5)

**Apr-May program** (Registration in Feb) Children will learn the basic motor skills necessary to play organized baseball while they work one-on-one and spend quality time with their parents.

## CHEER CAMP!

**One-week cheer camp in July**

(registration in June) is offered to teach children (ages 5-18) the basic cheer formations. Participants must have current registration with NSA Monterey CYP Program and complete enrollment by registration deadline.

## FOOTBALL CAMP!

**Touch Football Camp (ages 9-17)**

**One-week camp in June** (registration in May) is offered to teach youth the fundamentals of football (non-contact). No experience needed. Participants must have current registration with NSA Monterey CYP Program and complete enrollment by registration deadline.



For more information about these programs, call 831-656-2127 or email: NPSMWRTechConnection@nps.edu

### Spring Camp Mar 20-31.

Families enrolled with our SAC program can register by 3/3. Open registration will be Mar 6-17 on a space available basis.

Sign up for Tech Connection's Spring Camp and join us for two weeks of athletics, arts, science, and more! Registration is priority based so don't wait to join. To start the registration process, visit [www.militarychildcare.com](http://www.militarychildcare.com), create a profile and select the type of care needed. Cost is based on total household income. For more information visit us, email [NPSMWRTechConnection@nps.edu](mailto:NPSMWRTechConnection@nps.edu) or call 831-656-2127.

**SAC Summer Camp** begins **Jun 5**. More information in regards to SAC summer camp will be made available at the Tech Connection towards the end of April. If you have any questions, visit us, email [NPSMWRTechConnection@nps.edu](mailto:NPSMWRTechConnection@nps.edu) or call 831-656-2127.

**Teens** (Grades 6-12) Open Mon, Tue Thu Fri 4-7 pm; Wed 2-7 pm and Summer & School Breaks: 12-7 pm daily. Come meet military and DOD youth in a fun and relaxing environment! Get connected with your local community and participate in 4H and Boys and Girls Clubs of America activities. Weekly programs include athletics, arts & crafts, education & technology, leadership, and life skills. Our staff would love to show you around and tell you about our programs. Join the fun!

**Youth Sponsorship** lunch meetings are offered once a week at La Mesa Elementary, Colton Middle School and Monterey High throughout the school year. These meetings are a time to play ice breakers/group games, meet other military youth and get information on local attractions. Pick up a Youth Sponsorship form from the Tech Connection today!

**S2S (Student To Student)** at Monterey High, every other Thu from 1:05-1:25 pm! S2S is a student-led program that focuses on helping students build connections with their peers and their school. The core of S2S programming is their ABC's - Acceptance, Belonging and Connection. For more information, call 831-656-1870 or email: [NPSMWRTechConnection@nps.edu](mailto:NPSMWRTechConnection@nps.edu)

## YOUTH SPORTS & CLASSES

**Ballet** (ages 3-10) - **Tuesdays** at the Tech Connection - Registration is ongoing. Classes are 4 and 6-week sessions. Minimum of three students in each class to run. Classes currently offered are:

- 3-4 year olds - 2:30-3:15 pm
- 5-6 year olds - 3:15-4 pm
- 7-10 year olds - 4-4:45 pm

Participants must re-enroll for ballet at the

beginning of each month. (Class times subject to change; verify class times as you sign up monthly). Sign up and pick up class schedules at the Tech Connection.  
Cost.....\$48-\$72  
(depending on number of weeks in session).

**Hip Hop Dance** (for children 5-18) **Thursdays** at the Tech Connection  
Registration is ongoing at the Tech Connection. Participants must have current registration on file with NSA Monterey CYP and complete enrollment with payment a minimum of 1 day prior to first day of classes. Classes are offered in 4-6 week sessions. Classes must have a minimum of three students to run. Classes currently offered are (class times subject to change):

- 5-7 year olds - 3:45-4:30 pm
- 7+ year olds - 4:30-5:15 pm

Cost.....\$48-\$72  
(Cost depends on number of weeks in session; Classes & fees are packaged on a monthly basis.)



### First Tee Golf Program Thursdays • 3:45pm

(Military Affiliate Program tentatively for ages 7-17). Young people are introduced to the First Tee through character education curriculum to develop positive youth. Registration is ongoing. Program tentatively begins in September. Classes are taught by certified First Tee Instructors. Sign up at the Tech Connection today! FREE!



### Armed Forces Kids Run (ages 5-18) Registration and event will be in May.

A non-competitive fun run is offered for the community to come together to celebrate our armed forces in conjunction with the Armed Forces Day in May. Participants must have current registration with NSA Monterey CYP Program and complete sign-up waiver.

### Directory Of Opportunities

A complete listing of Youth Sports & Fitness offerings can be found at the Navy Youth Sports & Fitness Directory of Opportunities. Go to [www.navygetfit.com](http://www.navygetfit.com) and search "Naval Support Activities Monterey".

# NSA MONTEREY SCHOOL LIAISON



SB 277-CA School Immunization Requirements Almost all California school children are required to be fully vaccinated in order to attend public or private school, regardless of their parents' personal or religious beliefs. It is not too early to get your sixth grader ready for the 2017-2018 school year. Students entering or advancing to grades 7-12, or entering school in California for the first time must provide proof of immunization with a pertussis (whooping cough) vaccine booster called tetanus toxoid, reduced diphtheria toxoid and acellur pertussis vaccine-TDAP. Students will not be allowed to begin the 2017-2018 school year until proof of immunizations or exemptions are presented to their school. See Education Code 48210-48216.

### MPUSD Open Enrollment/School Transfers For The 2017-18 School Year

Parents/guardians who want their child to attend a school other than their neighborhood school must submit an application for transfer now through-Feb 3. Applications are available at the District Office 700 Pacific Street, Monterey, CA 93940. Information on Open Enrollment including the request form may be found online at [www.mpusd.net](http://www.mpusd.net). For more information call 831-392-3983.

### Transitional Kindergarten & Kindergarten Enrollment

now open for the 2017-2018 School Year.

- All children must be age 5 on or before Sep 1 for the 2017-2018 school year.
- Children turning age 5 between Sep 2 and Dec 2 are eligible to apply for Transitional Kindergarten (TK).
- Children turning 5 between Dec 3 and Mar 1 are eligible to apply for Expanded Transitional Kindergarten (ETK).
- Kindergarten will be offered at all elementary schools.
- Parents must complete a registration form & emergency contact form which can be obtained at [www.mpusd.net](http://www.mpusd.net)
- Registration will occur at school sites & the district office.
- Remember to bring original Birth Certificate or Passport, Physical Exam, Immunization Records, & Proof of Residency.
- If you are temporarily housed at NGIS or the Navy Lodge, bring your room receipt as Proof of Residency.
- An Oral/Dental Exam must be completed during the school year, but is not needed at the time of enrollment.

*continued on page 12*



*SLO continued from page 11*

### Prevent Truancy & Unexcused Absences Utilize Independent Study

On the rare occasion that you must take your child out of school for travel outside of a regularly scheduled holiday or school break, you must arrange for independent study (I/S). Successful completion of independent study prevents unexcused absences or truancy and ensures your child doesn't fall behind academically.

- I/S must be for an absence of at least 5 days and no more than 15 days
- Parents/Guardians must notify the school at least 5 days in advance of the future absence/departure
- The school principal must approve the I/S contract
- Upon the student's return, the teacher will evaluate the work and award attendance
- Failure to complete the assignment(s) during the absence will result in unexcused absences and/or truancy referral
- I/S is not for recapturing unexcused days or students who are ill
- No credit will be given for incomplete assignments or work that fails to demonstrate reasonable quality.

**Homeschooling in Monterey?** Register with a public school, private school, public

charter school, correspondence course, virtual academy, or file an R-4 affidavit with the State. Contact your SLO for assistance.

### Parent Conferences PCSing In or Out?

Have questions about academic options in Monterey or your next duty station? The SLO can assist you. Parent conferences are required for all families with school age children arriving in Monterey. Parent conferences are also highly recommended for families that will be PCSing out during the middle of the school year. Book early to ensure enough time to gather all pertinent school records.

**PIE-Partners In Education** is designed to encourage and increase support of the local schools through a Navy volunteer effort. PIE volunteers are needed. This program offers opportunities for military and civilian members attached to commands within Navy Region Southwest to give their time as volunteers at local schools. Both one-time and on-going options are available. For more information, call 831-656-1008 or email [lflynn@nps.edu](mailto:lflynn@nps.edu)

**MOTO-Motivating Others Through Outreach.** Available to all services and civilians at NPS. Central Coast High School is in need of volunteers for the 2016/2017 school year. MOTO is part of the PIE program in Monterey. CCHS

provides an educational opportunity for students who desire to get back on track and achieve their high school diploma. Be part of a rewarding journey. For more information, contact 831-656-1008 or email [motovolunteer@gmail.com](mailto:motovolunteer@gmail.com)/[lflynn@nps.edu](mailto:lflynn@nps.edu)

**ESL-English as a Second Language Classes** - Herrmann Hall-Room 29 • FREE!  
**Mon-Fri: English Class 8:30 am-12:30 pm;**  
**Mon-Thu: Conversation Class 1-2:30 pm.**  
Registration on Mondays & Fridays 8:30 am. For more information email Ms. Koh at [mkoh@nps.edu](mailto:mkoh@nps.edu)

**Tutor.com** is an online tutorial option for Active Duty, National Guard & Reservist, K-12th grade students. [www.tutor.com/](http://www.tutor.com/) military Free 24/7 access for online tutoring and homework help from a live tutor.

## LIBERTY PROGRAM

Liberty events are open to all single and unaccompanied enlisted sailors assigned to NSA Monterey and tenant commands. For more information (or if you need a ride to any event) call 831-656-7955 or email [Liberty@nps.edu](mailto:Liberty@nps.edu)

## Proudly Serving *the* Military since 1936.

GEICO salutes our Military members. We've made it our mission to not only provide you and your family with great coverage, but also to offer flexible payment options, numerous discounts, and overseas coverage to suit the demands of your unique lifestyle.

*We stand ready to serve you. Get a free quote today.*

# GEICO MILITARY

[geico.com](http://geico.com) | 1-800-MILITARY | local office

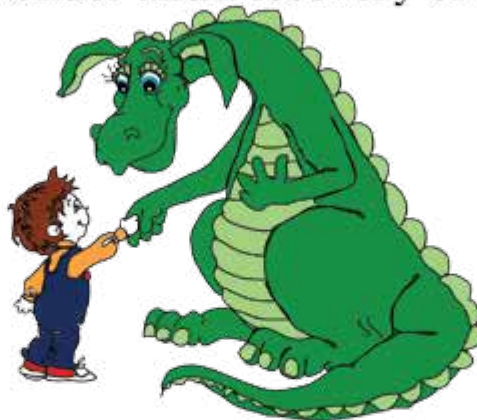
Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20519, a Berkshire Hathaway Inc. subsidiary (© 2016 GEICO). The Department of the Navy does not endorse any company, product or these products or services.



# Serendipity Pre-School, LLC



We open the Eyes and Hearts of Children  
To the Wonder and Discovery of Learning



A quality educational program for children ages 3 to 5.  
Offering full and part-time pre-school and pre- K classes.  
Serving families of the Monterey Peninsula since 1981.  
1231 Seventh Street, Monterey, CA 93940



**831-375-9743**

Visit our Web Site!

[www.serendipitypreschoolllc.com](http://www.serendipitypreschoolllc.com)



Roman

## A Local Realtor® and Resident

*Hometown Service from a  
Military Family*

**Amber Russell**

Broker Owner Cal BRE 01795810

**831.402.1982**

[amber@overthemoonrealty.com](mailto:amber@overthemoonrealty.com)  
[overthemoonrealty.com](http://overthemoonrealty.com)







Main Line ..... 831-656-3060  
Counseling  
Appointments .... 1-866-923-6478  
Sexual Assault Prevention Response  
Hot Line ..... 877-995-5247  
Find us on Facebook at facebook.  
com/ffscmonterey for updated info.  
Contact the FFSC at 831-656-3060  
to confirm classes.

*The FFSC supports the military by providing a wide range of services and assistance that respond to personal and family needs that positively impact the quality of life for our service members and their families. Classes are free of charge. Space is limited. Call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. Childcare is available, however, must be arranged no later than 5 days prior to class date. For more information, call 831-656-3060. Volunteer opportunities are available!*

#### FFSC Office Locations:

- **La Mesa Village**, 1280 Leahy Rd  
Mon-Fri 8 am-4:30 pm
- **Bldg 205**, POM, by appointment only

Available by appointment:

- Resumé and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

#### FAMILY & LIFESKILLS

##### Couples Communication

##### A Game Plan for Effective Communication

Tue, Feb 7, 3-5 pm  
Thu, Feb 16, 12-2 pm  
Tue, Mar 7, 3-5 pm  
Thu, Mar 16, 12-2 pm  
Tue, Apr 4, 3-5 pm  
Thu, Apr 20, 12-2 pm  
Tue, May 2, 3-5 pm  
Thu, May 18, 12-2 pm

##### New Spouse Orientation

##### The Basics of Life with the Military

Wed, Feb 1, 10 am-12 pm  
Wed, Mar 1, 10 am-12 pm  
Wed, Apr 5, 10 am-12 pm  
Wed, May 3, 10 am-12 pm



#### You're Not Alone

##### Suicide Prevention Awareness

Wed, Feb 8, 12-2 pm  
Wed, Mar 8, 12-2 pm  
Wed, Apr 12, 12-2 pm  
Wed, May 10, 12-2 pm

#### Stress Management:

##### Managing Stress and Time

Mon, Feb 13, 8-10 am  
Mon, Mar 13, 8-10 am  
Mon, Apr 10, 8-10 am  
Mon, May 8, 8-10 am

#### Anger Management:

##### Controlling Anger Before Anger Controls You

Thu, Feb 2, 12-2 pm & 4-6 pm  
Thu, Mar 2, 12-2 pm & 4-6 pm  
Mon, Mar 20, 3-5 pm  
Thu, Apr 6, 12-2 pm & 4-6 pm  
Mon, Apr 17, 3-5 pm  
Thu, May 4, 12-2 pm & 4-6 pm  
Mon, May 15, 3-5 pm

#### FINANCIAL MANAGEMENT

##### Sold: Home Buying Seminar

Tue, Feb 7, 9 am-12 pm

##### Your Insurance Needs

Tue, Mar 14, 9 am-12 pm

##### Paying for College

Tue, Apr 11, 9 am-12 pm

##### Gambling Awareness

Tue, May 9, 9 am-12 pm

##### Million Dollar Sailor

Thu-Fri, Feb 2-3, 9 am-3 pm  
Thu-Fri, May 4-5, 9 am-3 pm

##### Budgeting For Baby

By Request Only

##### Military Saves Week

Mon-Fri, Feb 27-Mar 3  
Check in with FFSC for Special Events

##### Shamrock/Military Saves

##### Family Fun Run

Fri, Mar 3, 3 pm

#### RELOCATION

##### PCS Right: Techniques to take your PCS to the next level

Wed, Feb 8, 1-3 pm  
Wed, Mar 8, 1-3 pm  
Wed, Apr 12, 1-3 pm  
Wed, May 10, 1-3 pm

#### EMPLOYMENT

##### Resumé Writing

Thu, Feb 9, 10 am-12 pm  
Thu, Mar 9, 10 am-12 pm  
Thu, Apr 13, 10 am-12 pm  
Thu, May 11, 10 am-12 pm

##### Interview Strategies

Thu, Feb 16, 10 am-12 pm  
Thu, Mar 16, 10 am-12 pm  
Thu, Apr 20, 10 am-12 pm  
Thu, May 18, 10 am-12 pm

##### Community Job Fair TBA

##### They Never Told Us That

Every Other Wed, 4-5 pm  
Call the Tech Connection for details

#### TRANSITION ASSISTANCE PROGRAM

Transition GPS (Goals, Plans, Success) is a program designed to ease the transition from military to civilian life.



##### Transition GPS Workshop

Mon-Fri, Feb 13-17, 8 am-5 pm  
Mon-Fri, Mar 20-24, 8 am-5 pm  
Mon-Fri, Apr 24-28, 8 am-5 pm  
Mon-Fri, May 22-26, 8 am-5 pm

##### Capstone Workshop

Wed, Feb 1, 1-4 pm  
Wed, Mar 1, 1-4 pm  
Wed, Apr 5, 1-4 pm  
Wed, May 3, 1-4 pm

##### Entrepreneurship Workshop

Mon-Tue, Mar 13-14, 8 am-4 pm

##### Accessing Higher Education Workshop

Mon-Tue, Apr 10-11, 8 am-4 pm

##### Career Technical Training Workshop

Thu-Fri, Feb 2-3, 8 am-4 pm  
Thu-Fri, May 4-5, 8 am-4 pm

#### EXCEPTIONAL FAMILY MEMBER PROGRAM

##### EFMP Community Support

**Group** - held at Army Community Service Center, CYSS Conference Room  
Thu, Feb 9, 6-8 pm  
Thu, Mar 9, 6-8 pm  
Thu, Apr 13, 6-8 pm  
Thu, May 11, 6-8 pm

#### THE NEW PARENT SUPPORT PROGRAM

provides a variety of support, referral, and education services for



expectant and new parents with children from birth up to 4 years old. For single and married, active duty, foster, adoptive and eligible family members, this a personal, private interaction for family members that want to get along better, communicate more, and feel closer to each other. What we teach in the program is self-awareness, empathy, discipline alternatives, age appropriate expectations, bonding and attachment. Learn to replace yelling with more effective discipline techniques such as redirection, choice and consequences, family rules and praise.

##### Speech 101

This is a class for parents that are interested in learning about normal speech development or whose children may be experiencing speech delays.

##### What to expect when... Parenting Tips and Tools

Mon, Feb 27, 8-9 am  
Mon, Mar 27, 8-9 am  
Mon, Apr 24, 8-9 am  
Tue, May 30, 8-9 am

##### Breastfeeding Support Group

Tue, Feb 14, 12:30-2 pm  
Tue, Feb 28, 12:30-2 pm  
Tue, Mar 14, 12:30-2 pm  
Tue, Mar 28, 12:30-2 pm  
Tue, Apr 11, 12:30-2 pm  
Tue, Apr 25, 12:30-2 pm  
Tue, May 9, 12:30-2 pm  
Tue, May 23, 12:30-2 pm

##### Breastfeeding Class

Thu, Feb 16, 4-5:30 pm  
Thu, Mar 16, 4-5:30 pm  
Thu, Apr 20, 4-5:30 pm  
Thu, May 18, 4-5:30 pm

### Infant Massage - a 5-week class

Feb 10-Mar 10, every Fri, 10-11 am  
May 12-Jun 9, every Fri, 10-11 am

### Playgroup "Will Play 4 Tips"

Every Fri – location and time TBA.  
Connect with other parents, play with your kids and learn a new set of tips each month. This group is designed for children from birth to 3 years old.

### New Parent Support Home

**Visitor** Also available upon request, tailored to your needs

### COMMAND SPECIFIC PROGRAMS:

#### SAPR Advocate Refresher Training

Fri, Feb 17, 8:30 am-12:30 pm

#### SAPR Advocate Initial Training

Mon-Fri, Feb 6-10, 8 am-4:30 pm

Mon-Fri, May 15-19, 8 am-4:30 pm

#### Initial Point of Contact Training

Thu, Mar 30, 8 am-4:30 pm



### FOR COMMAND APPOINTED PERSONNEL (available upon request)

- SAPR GMT
- SAPR Civilian One Team One Fight
- Commander's Toolkit
- CDO Training And Refresher
- Victim Sensitivity

#### Command Financial Specialist (CFS)

are members of the military who have been appointed by the commanding officer to provide financial education and training, counseling, and information referral at the command level. CFSs are trained to establish, organize, and administer the command's personal financial management program.

#### Command Financial Specialist Workshop

Mon-Fri, Mar 27-31, 8 am-4 pm

#### CFS Round Table

Fri, Mar 10, 10 am-3 pm

#### Ombudsman

Temporarily Unavailable

*Do something different!*

## FLYING CLUB

Did you always want to learn to fly?  
Are you a pilot, but figured you just couldn't fly during your time in Monterey?  
Want to see Monterey from a different perspective?

If you need instruction, our professional flight instructors are available to meet your schedule. Experienced pilots share the joy of flight with you (and some of the costs, of course!). Aircraft and facilities available 24/7 to club members. Visit [www.montereynavyFlyingclub.com](http://www.montereynavyFlyingclub.com), or email [mnfc@nps.edu](mailto:mnfc@nps.edu)

#### Now hiring additional CFIs.

Call us about using your U.S. military flight instructor experience to become a civilian CFI and instruct at the MNFC.



## VIRGINIA REAL ESTATE

Janine DeMello, REALTOR®  
5806 Harbour View Blvd., Suite #101  
Suffolk, VA 23435

chesapeake  
norfolk  
portsmouth  
suffolk  
virginia beach

When orders have you on the move, you can count on me to help you buy or sell your home!

16 years serving military, DOD & civilian clients with a personal touch. My team aims to keep your PCS move as stress free as possible.

Contact me!  
Phone: 757-681-0414  
Email: [realtorjanine@aol.com](mailto:realtorjanine@aol.com)  
website: <http://realtor-janine.com>



Janine DeMello, REALTOR®  
(cell) 757-681-0414



HEROES STAY WITH!

# Ready to enjoy a long weekend?

## Navy Gateway Inns & Suites is there for you!



- Martin Luther King, Jr. Holiday
- Presidents Day Weekend
- Time with your Valentine

If you are a NAF or DoD employee, active duty, or retired military, you are eligible to stay at Navy Gateway Inns and Suites facilities. And you can sponsor friends and family to stay there, too.



Make reservations by calling 1-877-NAVY-BED (1-877-628-9233)  
or by visiting <http://ngis.dodlodging.net/>

Scan to find  
your destination.



NGIS is the official and preferred lodging choice for all TDY travelers!



**Peacock Press**  
NAVAL SUPPORT ACTIVITY MONTEREY QUALITY OF LIFE PROGRAMS

Morale, Welfare and Recreation Department  
Naval Support Activity Monterey  
1 University Circle, Monterey, CA 93943-5000

